



CIGNA Well Aware for Better Health®

Chronic Condition Support

make a *personal* commitment to your health

COPD

Get help to manage your COPD.

When you have chronic obstructive pulmonary disease (COPD), it can be hard to breathe, not to mention the coughing, shortness of breath and frequent chest colds. Now you have a personalized program to help you manage your COPD – CIGNA Well Aware for Better Health® for COPD.

What is CIGNA Well Aware for Better Health® for COPD?

- A confidential, free program that provides personalized support and information for people with COPD.

How does Well Aware help me manage my COPD?

- Helps you recognize your body's stress signals.
- Helps you discover the things that trigger your COPD, like dust or smoke.
- Teaches you to recognize the severity of your symptoms, like wheezing and being breathless, and recognize when you should see your doctor.
- Teaches you about chest infections and COPD flare-ups and how to prevent them.
- Helps you learn about different COPD medications your doctor may prescribe.

What resources do I get with Well Aware for COPD?

- Access by phone to nurses who specialize in COPD, 24 hours a day, 7 days a week.
- Personalized plan designed to help you improve your health.
- Workbook with valuable information and charts to help you track your progress.
- Other mailed materials based on your discussions with the nurse, including video education.
- Additional support from other specialists including respiratory therapists.
- A quarterly newsletter featuring articles on COPD-related topics.

Where can I get more information about Well Aware for COPD?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **www.CIGNA.com/betterhealth**.
- Call your health plan's member services number for questions about your benefit plan.



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800735c 03/08 © 2008 CIGNA